LYNCHBURG PARKS & RECREATION





ACTIVITY GUIDE

winter/15 spring 8

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LYNCHBURG PARKS & RECREATION

PARKS & RECREATION MAIN OFFICES (434) 455-5858 • 8:30am - 5:00pm

Until January 5, our main offices will be located at 2704 Concord Turnpike, Lynchburg, VA 24504.



BY JANUARY 5, ALL OF PARKS AND RECREATION STAFF MEMBERS & OFFICES WILL BE RELOCATED TO:



MILLER CENTER 301 GROVE STREET LYNCHBURG, VA 24501



CONTACTS

MAIN OFFICE / MILLER CENTER (434) 455-5858

CANCELLATION LINE • (434) 455-5860

Recreation Services • (434) 455-5877

Athletics/Aquatics • (434) 455-5882

Naturalist Programs • (434) 455-5878

The Nature Zone • (434) 455-5828

Volunteer Program • (434) 455-5886

Citywide Centers • (434) 455-5837

Fairview Center • (434) 847-1751

Templeton Senior Center • (434) 455-4115

Art Studio at Jackson Heights Center • (434) 455-4001

Neighborhood Centers • (434) 455-5857

Daniel's Hill Center • (434) 847-1396

Diamond Hill Center • (434) 847-1409

Jefferson Park Center • (434) 847-1405

Yoder Center • (434) 847-1645

WWW.LYNCHBURGVA.GOV/PARKSANDREC • PARKSINFO@LYNCHBURGVA.GOV

tag us! #lynchburgparks







(f) (S)/LYNCHBURGPARKS (G)/LYNCHBURGPARKSREC



MILLER CENTER Opening Jan 5, 2015 - we've got a new home!

Stop by the newly renovated Miller Center! This historic building will once again be home to the Lynchburg Parks and Recreation Administrative offices and the Nature Zone beginning January 5. Miller Center will also feature renovated classroom space, a 180-seat theatre, and a community center. Many recreation programs will be offered at Miller Center throughout the year, including arts, dance, theatre, naturalist, and enrichment. Sign up for our email newsletter at www.lynchburgva.gov/parksandrec to stay updated on the latest Miller Center information.

301 Grove St. • (434) 455-5858





HOW TO REGISTER

Registration for classes and activities can be done in one of the following three ways. Activities with special registration guidelines will be noted in the activity description.



ONLINE

www.lynchburgva.gov/parksandrec



DIRECT MAIL

Mail your completed registration form (page 27) to Lynchburg Parks & Recreation, 301 Grove Street, Lynchburg, VA 24501



IN PERSON

Visit our offices at 2704 Concord Turnpike or any one of our community centers to register in person or at Miller Center after January 5, 2015.

SCHOLARSHIPS

If you are a Lynchburg city resident in need of financial assistance to participate in Parks & Recreation programs, you and your family members may qualify for a scholarship. Residents of all ages are eligible. Scholarship applications are online at www.lynchburgva.gov/parksandrec and at any of our centers or offices. Must be submitted for approval five business days prior to registration deadline.



SUBSCRIBE

Stay updated on the latest Parks & Rec activities, events, and news.

To subscribe, visit our website at www.lynchburgva.gov/parksandrec.





The Lynchburg Parks and Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity.

AFTER SCHOOL PROGRAMS

After School Program

Ages 6 to 17

On weekdays after school, the neighborhood centers focus on growing children through active play, homework help, snack, and enrichment activities. The schedule follows the Lynchburg City Schools' academic calendar. Register your child at the neighborhood center of your choice. FREE.

Monday - Friday 8/25 - 6/5 • 3:00pm - 6:00pm

CENTER	CONTACT	ACTIVITY
College Hill Center	(434) 847-1418	65100.201
Daniel's Hill Center	(434) 847-1396	67100.201
Diamond Hill Center	(434) 847-1409	66100.201
Jefferson Park Center	(434) 847-1405	62100.201
Miller Center	(434) 455-5858	Call for Info
Yoder Center	(434) 847-1645	64100.201

Fairview eXtras After School Program

Ages 6 to 17

Affer school is eXtra fun at Fairview. Activities include fitness activities, local field trips, indoor and outdoor games, play-time, tutoring, homework help, and healthy snacks. There is an additional \$3.00 fee per day for School's Out! days (days when Lynchburg City Schools are closed). For more information call 847-1751. Center closed 1/19 & 2/16. \$10.00 LR / \$15.00

Fairview Center

M – F 1/2 - 1/31	3:00pm - 6:00pm	63100.110
M – F 2/2 - 2/27	3:00pm - 6:00pm	63100.120
M – F 3/3 - 3/31	3:00pm - 6:00pm	63100.130
M – F 4/1 - 4/30	3:00pm - 6:00pm	63100.140

School's Out!

Ages 6 to 17

Are Lynchburg City schools closed due to a teacher planning or special day? If so, bring your child to spend the afternoon at the Fairview Center. School's Out! offers kids a variety of activities that promote movement, fun, fitness, art, life skills, outdoor recreation, and more. For more information call the Fairview Center at (434) 847-1751. Center closed 1/19 & 2/16. \$13.00 LR / \$20.00 per day (Participants registered in the Fairview eXtras After School Program only pay \$3.00/day additional fee).

Fairview Center

F 1/16	1:00pm - 5:00pm	63100.111
Tu 1/20	1:00pm - 5:00pm	63100.112
M 3/30	1:00pm - 5:00pm	63100.131
M 4/6	1:00pm - 5:00pm	63100.141
Tu 4/7	1:00pm - 5:00pm	63100.142
W 4/8	1:00pm - 5:00pm	63100.143
Th 4/9	1:00pm - 5:00pm	63100.144
F 4/10	1:00pm - 5:00pm	63100.145



ARTS

crafts

Terrific Two's Art Doodlers

Ages 2 To 3

Class allows parent/child bonding while having FUN! Doodlers get to experiment with new engaging materials and to learn about color and texture while developing social and motor skills. Register by 2/5. \$15.00 LR / \$23.00

Miller Center Community Room

Sa 2/7 - 2/28	9:00am - 10:00am	29090.120	

Pre-K Art Doodlers

Ages 3 to 5

Your little one will gleefully create their own artistic masterpieces by using a wide range of art materials. Class focuses on developing skills important for school success through creativity and imagination. Register by 2/5. \$15.00 LR / \$23.00

Miller Center Community Room

_		
Sa 2/7 - 2/28	10:15am - 11:15am	29090.121

Drawing Basics for Youth

Ages 6 to 17

Learn basic drawing skills, including landscape, sketching, and cartoon drawing. Register by 1/20.

\$12.00 LR / \$18.00

Fairview Center

Crafty Youth

Ages 6 to 17

Your child will create and take home a variety of art projects during this four-week class. Projects include: wooden launcher kit, survivor bracelet, mosaic paper art and more. Register by 3/31.

\$12.00 LR / \$18.00

Fairview Center

Valentine's Deco Wreath

Ages 18+

Deco Wreaths are the most popular wreath going! Learn how to make a Valentine-themed curly wreath. Register by 1/30.

\$25.00 LR / \$40.00

Fairview Center

Instructors: Jamey Love & Sue Matherly

Spring Deco Wreath

Ages 18+

Deco Wreaths are the most popular fabric wreath used today! Learn how to make a spring-themed curly deco-meshed wreath using chenille stems and deco mesh. Register by 3/27.

\$25.00 LR / \$38.00

Fairview Center

Instructors: Jamey Love & Sue Matherly

W 4/1 6:30pm - 8:00pm 63600.141

Beading with Jamie

Ages 18+

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry. Register by the Friday before. \$10.00

Templeton Senior Center

Instructor: Jamie Carlund

Tu 2/10	6:30pm - 8:00pm	74404.120
Tu 3/24	6:30pm - 8:00pm	74404.130
Tu 4/14	6:30pm - 8:00pm	74404.140

Arts and Crafts with Betty: Itty Bitty Terrariums

Ages 50+

You will love making this easy, beautiful terrarium filled with plants in a mason jar. Enjoy watching your terrarium as it becomes full of life. Register by 1/26.

\$10.00

Fairview Center

Instructor: Betty J Leary

Arts and Crafts with Betty: Refrigerator Magnets

Ages 50+

Upcycled bottle caps make great refrigerator magnets. Use decals and paint to make as many as you'd like. Register by 2/23.

Fairview Center

Instructor: Betty J Leary

Arts and Crafts with Betty: Easter Wreath

Apres 50.

Unlock your talents and decorate a medium size wreath for Easter. Choose between twigs, branches, flowers, chicks, eggs, and more. Register by 3/20.

\$10.00

Fairview Center

Instructor: Betty J Leary

F 3/27	10:00am - 11:30am	63600.131

Arts and Crafts with Betty: Brick Doorstop

Ages 50+

Create and design a brick doorstop for your home. Enjoy making this simple yet beautiful project to give to a friend or family member. Register by 4/20. \$10.00

Fairview Center

Instructor: Betty J Leary

F 4/24 10:00am - 11:30am 63600.142



CALLING ALL INSTRUCTORS, GUEST SPEAKERS, ORGANIZATIONS!

If you have a special talent or skill and are interested in teaching a class (any age) contact Allyson McSwain, City-Wide Center Supervisor allyson.mcswain@lynchburgva.gov or (434) 455-5837. Instructors especially needed for pottery, stained glass, theatre, fitness, art, drawing, painting, music lessons, youth dance, storytelling, educational, and mentoring programs.

Tap Dance Demo Class

Ades 18 +

Would you like to try tap dancing? Here is your chance! Join this one-day tap dance class, learn a few basic steps, and find out if tap is your thing. Then, sign up for additional classes to develop you new skill. Tap shoes not required, but useful. Register by 1/20.

FREE

Miller Center Community Room

Instructor: Jamey Love

Tu 1/27 1:00pm - 2:00pm 27002.110

Beginner Tap Dance Class

Ages 18+

Interested in learning about tap dance? Join fellow beginner tappers in this NEW beginner class that will teach you basic tap steps, as well as a few tap combinations. Register by 1/29.

\$23.00 LR / \$35.00

Miller Center Community Room

Instructor: Jamey Love

Tu 2/3 - 3/10 2:00pm - 3:00pm 27002.121

Intermediate Tap Dance Class

Ages 18+

Tap into better health as you polish your knowledge of basic tap steps and add more tap combinations. Get your heart rate up and feet moving in this fun class. Register by 1/29.

\$23.00 LR / \$35.00

Miller Center Community Room

Instructor: Jamey Love

Tu 2/3 - 3/10 1:00pm - 2:00pm 27002.120

painting

Multimedia Do-It-Together

Ages 5 to 8

Parent or grandparent: join your child for artistic fun. Create one-of-a-kind clay slab sculpture, a colorful batik project, and paint in three weeks! This class explores mediums while creating memories and useful keepsakes. Fee includes both parent/guardian and child. When enrolling, enroll only the child, but both parent and child must attend.

\$45.00 LR / \$60.00

Miller Center Room 304

Instructor: Sue Matherly

W 2/4 - 2/18 4:00pm - 5:00pm 29090.123

Drawing & Painting

Kids will learn the fundamentals of drawing and painting while exploring tools of the trade in this beginning class. Drawing techniques, technical skills, and color will be explored using brushes, paints, pencils, inks, chalks, and charcoal. Supplies are needed for this class. Please see receipt for details. Register by 2/5.

\$35.00 LR / \$50.00 Miller Center Room 304

M 2/9 - 3/9 No class 2/16	4:00pm - 5:30pm	29090.124 Ages 6 to 8
Tu 2/10 - 3/3	4:00pm - 5:30pm	29090.124 Ages 9 to 12

Acrylic Basics for Youth

Ages 6 to 12

Students will learn basic painting skills while painting along with the instructor and will have a completed project to take home. Register by 2/24. \$12.00 LR / \$18.00

Fairview Center

Tu 2/24 - 3/17 4:15pm - 5:00pm 63600.123

Art Inspired by the Masters

Ages 9 to 13

Your child will learn a bit of art history and will gain an understanding of how artists see our world. Rising artists learn how to use different art media in different styles, like Da Vinci, Van Gogh, and Jackson Pollock. Supplies are needed for class. Please see receipt for details. Register by 3/3. \$30.00 LR / \$45.00

Miller Center Room 304

Instructor: Diane Morgan

Th 3/5 - 3/26 4:00pm - 5:00pm 29090.122

Introduction to Painting

Apres 13-

Learn the foundations of painting including design principles, techniques, color mixing with different paint types, and some fun facts from art history. This six-week course is designed for beginner to intermediate level artists. See receipt notes for supply list upon registration. Register by 2/5. \$35.00 LR / \$50.00

Miller Center Room 304

Instructor: Betty Leary

Tu 2/10 - 3/3	6:00pm - 7:30pm	29090.121
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Acrylics For Beginners

Ages 18 to 35

Learn the basics of painting with acrylics while creating a funky abstract painting with lots of color, energy, and details. This is a two-hour class that covers color theory and basic techniques in a fun, social atmosphere. See receipt notes for supply list upon registration. Register by 3/2. \$40.00 LR / \$55.00

Miller Center 304

Instructor: Linda Duff

W 3/4 - 3/25	6:30pm - 8:30pm	23002.131	
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Mixing Acrylic Paint

Ages 18+

Artists will learn how to mix paint on a palette to spread colors further to make their masterpiece pop! See receipt notes for supply list upon registration. Register by 3/2.

\$35.00 LR / \$50.00

Miller Center Room 304

Instructor: Betty Leary

	W 3/4 - 3/25 12:30pm - 1:30pm 23002.131
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Exploring Acrylics

Ages 18+

Learn basic painting techniques, color theory, color mixing and layering. Explore painting on different surfaces each week. Register by 1/23. \$60.00 LR / \$75.00

Templeton Senior Center

Instructor: Linda Duff

M 1/26 - 2/23 No class 6:30pm - 8:30pm 74405.110

Intro to Oil Painting

Ages 18+

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. This three-week course will focus on different elements of a landscape painting featuring a scene from Central Virginia. Students should bring their 11" x 14" canvas and brushes. Register by 1/9. \$35.00 LR / \$50.00

Templeton Senior Center

Instructor: Rodney P Laughon

Tu 1/13 - 1/27 6:30pm - 8:00pm 74400.110

Oil Painting for Beginners

Ages 18+

Create a seasonal landscape and still-life painting while learning how to use your tools, set up your palette, and develop a color theme. This is a two-hour class in a fun, social atmosphere. See receipt notes for supply list upon registration. Register by 2/2.

\$60.00 LR / \$75.00

Miller Center Room 304

Instructor: Linda Duff

W 2/4 - 2/25 6:30pm - 8:30pm 23002.120

Oil Painting - Basic Coaching

Ades 18+

Did you know oil paint is much easier to use once you learn the basics? This fun and unintimidating class for all skill levels allows artists to build on basic concepts. In this class, artists bring their own subjects and art work. Instructor will be present to share and to help bring out the world of creativity within you. See receipt notes for supply list upon registration. \$35.00 LR / \$50.00

Miller Center Room 304

Instructor: Betty Leary

M 2/9 - 3/16 No class 1:00pm - 2:00 pm 23002.126

Oil Painting Express

Ages 18+

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. This one-session class will feature a scene from Central Virginia. Students should bring their 11" x 14" canvas and brushes. Register by the Friday before. \$30.00 LR / \$45.00

Templeton Senior Center

Instructor: Rodney P Laughon

Tu 3/10	1:00pm - 4:00pm	74400.130	
Tu 4/21	1:00pm - 4:00pm	74400.140	

Mixed Media: Pen, Ink, and Watercolor

Ages 18+

This multimedia class will bring in elements of drawing, design and layering with watercolor to explore different forms of artistic expression. Students should supply their own pens and ink. Register by 4/10. $40.00 \, LR / 55.00$

Templeton Senior Center

Instructor: Linda Duff

M 4/13 - 5/4 6:30pm - 8:30pm 74405.140

Watercolor Express

Ages 18+

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their own brushes. Register by 2/13.

\$15.00 LR / \$23.00

Templeton Senior Center

Instructor: Betty J Leary

Watercolor Pencil Basics

Ages 18+

Combine basic drawing and watercolor techniques in this introductory class. In addition, learn color theory, color mixing and layering. Bring your own basic set of watercolor pencils and brushes. Register by 3/6. \$40.00 LR / \$55.00

Templeton Senior Center

Instructor: Linda Duff

	M 3/9 - 3/30	6:30pm - 8:30pm	74405.130	
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Watercolors: Exploring Colors

Ages 18+

Discover the beauty of watercolors as you learn how to work from light to dark, layer and blend colors and add depth to your painting. Get tips on how to avoid and correct mistakes. Students should bring their own brushes. Register by the Tuesday before class.

\$60.00 LR / \$75.00

Templeton Senior Center

Instructor: Betty J Leary

Th 1/8 - 2/12	6:30pm - 8:30pm	74401.110
Th 3/5 - 4/9	6:30pm - 8:30pm	74401.130

Watercolors: Introduction to Botanicals

Ages 18+

In this introductory class, students will learn pencil drawing and sketching, use of color, perspective, and depth as they relate to watercolor painting. Students should bring: pointed round sable brushes #4 and #6 and a small scrubber brush. Optional: bring your own goose neck light. Register by 2/3. \$70.00 LR / \$85.00

Templeton Senior Center

Instructor: Virginia Klute

Th 2/5 - 2/26	1:00pm - 4:00pm	74401.121	

Movin' to the Music

Ages 1 to 5

Your children will learn to express themselves through music with fun and creative activities that include singing, dancing, and games. Register by 2/5. \$15.00 LR / \$23.00

Miller Center Community Room

Sa 2/7 - 2/28	10:00am - 10:45am	27004.120 Ages 1 to 3
Sa 2/7 - 2/28	9:00am - 9:45am	27004.121 Ages 3 to 5

Introduction to Harmonica

Ages 18+

Gien McGrath shares his knowledge and love of the harmonica in this intro class. This versatile instrument allows you to take music where ever you go. Students need to bring a diatonic 10 hole harmonica in the key of G to the class. Register by 2/9.

\$15.00 LR / \$23.00

Templeton Senior Center

Instructor: Glen McGrath

W 2/11-3/4	1:00pm - 2:00pm	74006.120

pottery

Pottery: Children's

Ages 9 to 15

Your child will learn to make interesting pottery pieces using both handforming and wheel-throwing techniques. Projects will include: pinch pot, leaf bowl, and more. Projects will be available for pick up one week following class. Register by 2/25.

\$25.00 LR / \$38.00

The Art Studio at the Jackson Heights

W 3/4 - 3/25	4:30pm - 5:30pm	26000.133	

Beginning Hand Built & Wheel Pottery

Ages 18+

Learn to make clay pottery using both hand-built and wheel-throwing techniques.

\$88.00 LR / \$103.00

The Art Studio at the Jackson Heights Center

Instructor: Gail Speidell

Tu 1/13 - 3/3	9:00am - 12:00pm	26000.110
W 1/14 - 3/4	6:00pm - 9:00pm	26000.112
Tu 3/24 - 5/12	9:00am - 12:00pm	26000.130
W 3/25 - 5/13	6:00pm - 9:00pm	26000.131

Pottery: Birdhouse

Ages 50+

Using a slab of clay and birdhouse pattern, cut, design, and paint birdhouse. Birdhouses will range 3 inches wide to 5 inches tall. Finished and glazed project will be available for pick up one week following class. Register by 1/2.

\$8.00

Fairview Center

F 1/9 - 1/16	10:30am - 11:30am	63600.110	

Pottery: Necklace

Ages 50+

Using clay and designing tools, cut and create a variety of different size beads to make into a necklace. Fee includes all supplies needed for your completed piece of jewelry, which can be picked up one week following class. Register by 2/2. \$8.00

Fairview Center

Pottery: Leaf Wall Hanging

Ages 50+

Using a slab of clay, press and cut a variety of leaves to form a unique wall pocket for hanging. Register by 3/2.

Fairview Center

F 3/6 - 3/13	10:30am - 11:30am	63600.130	
1 3/0 - 3/13	10.30aiii - 11.30aiii	03000.130	

Pottery: Coffee Mug

Ages 50+

Mold and create your own coffee mug using a slab of clay. Paint and add the color of your choice the second week. Keep an eye out for future pottery classes at the Art Studio at Jackson Heights to add more mugs to your collection. Register by 3/30. \$8.00

Fairview Center

F 4/3 - 4/10	10:30am - 11:30am	63600.140	
F 4/3 - 4/10	10.30am - 11.30am	03000.140	

stained glass

Stained Glass Panel

Ades 18+

Learn to cut, grind, and solder to create a colorful tulip window hanging. You will be amazed at what you can do. Register by the Thursday before class. \$90.00 LR / \$105.00

The Art Studio at the Jackson Heights Center

Instructor: Carter Martin

Th 1/8 - 2/26	6:30pm - 8:30pm	63600.112	
Th 3/5 - 4/30	6:30pm - 8:30pm	63600.132	

Mosaic Birdbath

Ages 18+

Using two terra cotta pots and saucer, create a mosaic birdbath using a pattern, grout, and stained glass pieces. This unique conversation starter will adorn your yard for years. Register by 1/14.

\$90.00 LR / \$105.00

The Art Studio at the Jackson Heights Center

Instructor: Carter Martin

Tu 4/14 - 6/2 6:30pm - 8:30pm 63600.143	
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ATHLETICS

youth athletics

Lynchburg Dixie Softball

Ages 5-18

Calling all girls! Join your friends and have fun playing with girls from Lynchburg and the surrounding counties. This game makes sure that all girls get a chance to play with a continuous batting order & every girl is required to play defense in at least two consecutive innings during every game. Returning players may register on-line. New players must bring a copy of their birth certificate and register in person. Teams are formed in mid / late March and games begin in April and continue through June. $40.00\ LR$ / \$55.00

Important Dates

Registration:

Sa 2/7 @ 12:00pm - 2:00pm @ Sandusky MS Gym, 805 Chinook Pl. Sa 2/14 @ 12:00pm - 2:00pm @ Linkhorne MS Gym, 2525 Linkhorne Dr. Sa 2/21 @ 12:00pm - 2:00pm @ Sandusky MS Gym, 805 Chinook Pl.

Informational /Coaches meeting:

Th 3/5, 6:00pm @ Miller Center, 301 Grove St.

Peaks View Park

Game days vary by team (M- F 6:00pm – 8:00pm; Sa 9:00am- 4:00pm)

Sweetees	Ages 5 & 6	31013.101
Darlings	Ages 7 & 8	31013.102
Angels	Ages 9 & 10	31013.103
Ponytails	Ages 11 & 12	31013.104
Belles	Ages 13-15	31013.105
Debs	Ages 16-18	31013.106

Pitch, Hit & Run

Ages 7 to 14

Put your pitching, hitting, and running skills to the test at our all-star for a day competition. The overall high scorer & each individual event champion who lives in Lynchburg in each age division will get to move on to the sectional competition. Inclement weather date is Saturday 4/18. (Birth Certificates are required; age determined as of 7/17/15). Register by 3/25. FREE

Peaks View Park Field 10

Youth Open Gym

Ages 6 to 18

FŘEE

Armstrong Place Gym

W 3/18 - 5/20	6:00pm - 8:00pm	
Dunbar Middle	School	
Tu 3/17 - 5/19	6:00pm - 8:00pm	
Linkhorne Mid	dle School	
Su 3/22 - 5/17	3:00pm - 5:00pm	



CHALLENGED SPORTS EXCHANGE

A variety of recreational and sports activities are available for individuals with developmental disabilities and/or physical challenges in the Central Virginia region through the Challenged Sports Exchange (CSE). Monthly movies are shown at the Daniel's Hill Center located at 317 Norwood Street. For information on the monthly movies call the CSE office.

CSE partners include: Lynchburg Parks and Recreation Department, ARC of Central Virginia, Grace Church, and VSA Arts of Virginia.

For calendars, newsletters or additional information contact: CSE Office • 434-455-1178 • cseleague@gmail.com • www.ChallengedSportsExchange.com



adult athletics

Adult Dodgeball

Ages 18 4 Up

Join the fastest-growing adult league in Lynchburg! Our dodgeball league is just like the dodgeball of your youth, except everyone gets picked and the balls are much softer - hooray! Teams of six players will play eight matches with five games per match. Sign up with a team or register as a free agent and we will help you find a team. All meetings and registrations are held at the Miller Center. In-person registration only.

Team Fee: \$100.00 (+\$15.00/person for each non-resident)

Important Dates

3/23, 6:00pm Informational meeting 3/30 - 4/2, 5:00pm - 7:00pm Registration 4/7, 6:00pm Coaches meeting

City Armory

4/13 - 5/20	6:30pm – 8:30pm	
M	Co-ed D1	30008.101
W	Co-ed D2	30008.102

Adult Softball

Ages 18 4 Up

Batter up! Come on out to Peaks View Park to play for fun or join one of our competitive leagues for more of a challenge. We offer both men's and coed leagues; all teams play two games per week, which usually occur on the same night as doubleheaders. Teams play a 20-game season, April through August. All registrations and meetings will be conducted at Miller Center. In-person registration only.

Team Fee: \$400.00 (+\$15.00/person for each non-resident)

Important Dates

3/2, 6:00pm Advisory team meeting 3/5, 6:00pm Informational meeting

3/9 - 3/12, 5:00pm - 7:00pm Registration for returning teams

3/16 - 3/19, 5:00pm - 7:00pm Registration for new teams

Peaks View Park

4/27 - 9/18	6:00pm - 11:00pm	
М	Co-ed D1	30005.111
T	Men's D2	30005.112
W	Men's D1	30005.113
W	Co-ed D2	30005.114
R	Men's D2	30005.115
F	Co-ed D3	30005.116

fifty-plus athletics

Fifty Plus Pickleball

Ages 50+

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd. Register and pay by the first day of play.

\$10.00 monthly

Heritage United Methodist Church Gym

Th 1/8 - 1/29	2:00pm - 5:00pm	73703.110
Th 2/5 - 2/26	2:00pm - 5:00pm	73703.120
Th 3/5 - 3/26	2:00pm - 5:00pm	73703.130
Th 4/2 - 4/30	2:00pm - 5:00pm	73703.140

Fifty Plus Pickleball Clinic

Ages 50+

Learn the basic techniques, skills and rules of this fun sport. Your clinic registration fee also covers the cost of play for the remaining Thursdays of the month so you can practice what you have learned. Register by 1/7. \$10.00

Heritage United Methodist Church Gym

Th 1/15 - 1/22 1:00pm - 2:00pm

Fifty Plus Whiffleball

Ages 50+

Enjoy this indoor version of softball as you exercise, compete and prepare for the outdoor season. Coed games focused on fun, fitness and friendly competition. Register and pay monthly by the first day of play. \$10.00

Location: Pleasantview Baptist Church

W 1/7 - 1/28	10:00am - 12:00pm	73702.110
W 2/4 - 2/25	10:00am - 12:00pm	73702.120
W 3/4 - 3/25	10:00am - 12:00pm	73702.130

Fifty Plus Softball

All skill levels are invited to participate in this great team sport. Coed games focused on fun, fitness, and friendly competition. Register and pay monthly by the first day of play.

\$10.00

Peaks View Park

W F 4/1 - 4/29	10:00am - 12:00pm	73702.140	



Are we playing today? **Cancellation line:** (434) 455-5892

YOUTH ATHLETIC ORGANIZATIONS

Blue Ridge Lacrosse Club www.blueridgelax.org

Central Virginia Volleyball Association Challenged Sports Exchange www.cvvb.org

Lynchburg Little League Baseball www.lynchburglittleleague.com

www.challengedsportsexchange.com

Central Virginia United - Soccer www.centralvirginiaunited.com

Hill City Youth Football and Cheerleading www.hcyfc.com

Lynchburg Tennis Patrons Association www.lynchburgtennis.org

Girls on the Run www.girlsontheruncenva.org



ENRICHMENT

armchair travel

Experiencing Kazakhstan

Ages 18+

Rick Hughes will be our guide to this fascinating and largely unknown part of our world. As an art dealer in Kazakhstan, he learned about the dervish culture and will use examples of Kazakh art to highlight the country's rich history and customs.

FREE

Templeton Senior Center

W 1/21 10:30am - 11:30am 73003.110

English Gardens

All Ages

Join world traveler, Susan Timmons, on her extraordinary journey through the gardens, castles, and manors of England. View colorful landscapes and hear her in-depth commentaries on her adventures as you take a tour through time.

FREE

Templeton Senior Center

Instructor: Susan Timmons

Th 2/19 10:30am - 11:30am 73003.123

Italian Gardens

All Ages

Join world traveler, Susan Timmons, on her extraordinary excursion through Italy. View colorful gardens, architectural elegance and hear her in depth commentaries on her adventures through timeless Italian gardens. FREE

Templeton Senior Center

Tu 3/24 10:30am - 11:30am 73003.132

enrichment

Lynchburg Museum: Create a Secret Code

Can your child write letters in code? During times of war communication could be stolen so many messages were written out in code, making the messages harder to read. Kids will learn to create a coding system to send secret messages to their friends. Register by 1/5.

FREE

Fairview Center

Instructor: Whitney Roberts

Tu 1/6 4:00pm - 5:00pm 63500.114

Lynchburg Museum: President's Day Activities

Ages 6 to 19

Kids will participate in Presidents and Flag Day crafts related to how flags have changed over time. Register by 1/16. FREE

Fairview Center

Instructor: Whitney Roberts

Tu 2/17 4:00pm - 5:00pm 63500.124

Lynchburg Museum: Early American Games

Ages 6 to 12

What did children do without T.V. and the internet? Come learn and play games from the early 1800's, such as Rolling Hoops, yoyos, pick up sticks, and dominoes. Register by 3/23.

FREE

Fairview Center

Instructor: Whitney Roberts

Tu 3/24 4:00pm - 5:00pm 63500.134

Lynchburg Museum: James River Springtime Art

Art is the focus of the day! Kids will re-create the beautiful sights of springtime in Virginia living along the James River. Register by 4/28. FREE

Fairview Center

Instructor: Whitney Roberts

Tu 4/28 4:00pm - 5:00pm 63500.144

Rape Aggression Defense Class (RAD)

Adles 15+

Learn realistic self-defense tactics in this 12-hour, nationally accredited program of empowerment and self protection for women. Classes are instructed by RAD-certified members of the LPD. Participants should wear comfortable gym clothes and sneakers. For maximum benefit, participants should plan to attend all 4 classes. All females ages 15 and over are encouraged to attend. Register by 3/5. FREE

Templeton Senior Center

 Sa 3/7 - 3/28
 9:30am - 12:30pm
 73003.134

STREET BANNERS

What better way to display your message than by reserving a banner location and placing it across a street where people are sure to see it? Promote your upcoming Lynchburg event on a banner for up to 14 days at one of the following three locations:

- MLK Bridge on 5th Street
- · Main Street in front of the Community Market
- · 6th and Main Street



Sharon Brown • Special Events Coordinator • (434) 455-5871

Lunch and Learn: History of the Old City Cemetery

Ages 18+

Interested in learning more about the Old City Cemetery? Whitney Roberts with the Lynchburg Museum will be sharing stories and history of this Lynchburg Historical Landmark. Enjoy a delicious bowl of vegetable soup and a grilled cheese sandwich for lunch. Register by 1/16. \$5.00 fee for lunch

Fairview Center

Presenter: Whitney Roberts

W 1/21 11:00am - 12:00pm 63400.110

Lunch and Learn: Heart Healthy Living

Adles 18+

February is American Heart Month, and heart disease is very common in our area. Learn how to keep your heart healthy and receive an individual heart assessment from Centra's Stroobants Cardiovascular Center representative. Enjoy a healthy salad with fresh vegetables and a baked potato with your favorite toppings. Register by 2/20. \$5.00 fee for lunch

Fairview Center

W 2/25 11:00am - 12:00pm 63400.120

Lunch and Learn: Irish History and Music

Ades 18+

Celebrate St. Patrick's Day while learning about Ireland, its music and history. Enjoy a delicious Irish luncheon of corned beef and cabbage. Register by 3/13.

\$5.00 fee includes lunch

Fairview Center

Presenter: Whitney Roberts

W 3/18 11:00am - 12:00pm 63400.130

Lunch and Learn: History of the City Market

Ages 18+

The Lynchburg Community Market has a rich history and is now home to many local crafters and eateries. Come learn more about this local landmark from Whitney Roberts, an educator with the Lynchburg Museum. Lunch will consist of a sub sandwich and chips. Register by 4/24. \$5.00 fee for lunch

Fairview Center

Presenter: Whitney Roberts

W 4/29 11:00am - 12:00pm 63400.140

African American Genealogical Research Tips

Ages 16+

Tracking down your roots can be particularly difficult for African Americans, but it is possible to find information. Marsha Berry will share successes in her research of the Spinner family of Bedford Co. as well as tips to help you find out what you can about your own family.

Templeton Senior Center

M 2/9 6:30pm - 8:00pm	73003.121
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Beware of Scams

Ages 18+

Anyone can be a target of a scam. Learn how to avoid being a victim as Deborah Bell, a representative from the Attorney General's office, talks about some of the tactics used by criminals to scam the public. FREE

Templeton Senior Center

Tu 2/24 10:30am - 11:30am 73003.123

Mahjong Lessons

Ages 18+

Learn this ancient Chinese tile game, similar to the Western card game rummy. Mahjong is a game of skill, strategy, and calculation and involves a certain degree of chance. Register by 2/12. \$10.00

Templeton Senior Center

Instructor: Karen Bridgett

F 2/13 - 2/27 9:30am - 11:30am 73004.120



June 6, 2014 - December 31, 2015

The Lynchburg Museum's new exhibit on "America's Founding River" covers exploration, war, ecology, and more through art, archaeology, and artifacts from museums across Virginia.















Meet the Author: Carolyn Tyree Feagans

Ages 18+

This area author shares her latest novel set in the Blue Ridge Mountains, but the characters take you far beyond to the shores of Ireland and Scotland. Come and hear from the author how this novel *Ella* came to be. FREE

Templeton Senior Center

Th 3/19 10:30am - 11:30am 73003.131

AARP Smart Driver Class

Ades 50+

This eight-hour newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! Register by 2 days before class. \$15.00 AARP members, \$20.00 non members. Payable on site to AARP.

Templeton Senior Center

Sa 2/28	8:30am - 5:00pm	74001.120
W Th 4/29 - 4/30	9:00am - 1:00pm	74001.140

gardening

A Country Cottage Garden

All Age

Join Master Gardener, Susan Timmons, as she shares her very own country cottage garden located in Forest. Enjoy a walk through a rustic, whimsical, random and mostly "do it yourself" oasis. FREE

Templeton Senior Center

Tu 4/28 10:30am - 11:30am 73003.140

Learn About Orchids

All Ages

Orchids have a magical beauty, with incredible colors, shapes, and scents. Learn more about these beauties as Dee Gresham shares her love of orchids and a few basic tips for orchid care. Feel free to bring your plant for the class to see.

FREE

Templeton Senior Center

10.00011 11.00011 70000.144	Tu 4/14	10:30am - 11:30am	73003.144	
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technology

Genealogy on the Web

Ages 18-

Interested in tracking your heritage? There is a world of information waiting to be explored on the internet. Learn how to find and use the best free sites to full advantage. New information is constantly becoming available every day; now may be the ideal time to find out about your ancestry. Register by 2/20. \$25.00 LR / \$38.00

Templeton Senior Center

Instructor: Marsha Berry

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HEALTH & FITNESS

fitness

2015 Fitness Assessment Check-In

Ages 18-1

Time to reset the clock, clear the slate, and get going! Complete the Fitness Assessment Check-In and receive a baseline of five important elements of fitness to measure your progress in 2015. Keep track of your baselines and your training, and join us in April for the quarterly re-assessment to see how you've progressed. Certified personal trainer Steve O'Neill will be on hand to administer the tests and give out information to help you achieve your fitness goals for 2015. \$10.00

Fairview Center

Instructor: Steve O'Neill

F 1/2	1:00pm - 2:00pm	63300.114	
F 1/2	5:30pm - 6:30pm	63300.115	

2015 Fitness Re-Assessment Check-In

Ages 18+

Check in for your first quarterly reassessment to see how you've progressed since your assessment in January. Certified personal trainer Steve O'Neill will be on hand to re-administer the tests and give you the results. \$10.00

Fairview Center

Instructor: Steve O'Neill

F 4/3	1:00pm - 2:00pm	63300.144
F 4/3	5:30pm - 6:30pm	63300.145

Bodyweight Boot Camp

Ages 18+

This High Intensity Training (H.I.T) style boot camp will push you to your limits then give you a brief recovery to allow you to push yourself to the maximum again. This is excellent training for weight loss, sports, and emergency personnel. Register by the first class.

\$24.00 LR / \$36.00

Fairview Center

Instructor: Steve O'Neill

M W 1/5 - 1/28	5:30pm - 6:15pm	63300.113
M W 2/2 - 2/25	5:30pm - 6:15pm	63300.123
M W 3/2 - 3/30	5:30pm - 6:15pm	63300.133
M W 4/1 - 4/29	5:30pm - 6:15pm	63300.143

Core Flex Fitness

Ages 18+

This hour-long, challenging class draws from yoga, pilates, and the use of a stability ball to work on your strength and flexibility. Register by the first class. $$24.00\ LR\ / 36.00

Fairview Center

Instructor: Steve O'Neill

M W 1/5 - 1/28	6:30pm - 7:30pm	63300.112
M W 2/2 - 2/25	6:30pm - 7:30pm	63300.122
M W 3/2 - 3/30	6:30pm - 7:30pm	63300.132
M W 4/1 - 4/29	6:30pm - 7:30pm	63300.142

Bali-Exercise

Age 18+

Experience a variety of music and moves to boost your energy and improve your health. Work out twice weekly with this new class. \$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Gulshan Ari

Sculpt & Tone Exercise Class

Ages 18+

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, mats and steps. Register monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center

Tu Th 1/6 - 1/29	6:00pm - 7:00pm	74209.110
Tu Th 2/3 - 2/26	6:00pm - 7:00pm	74209.120
Tu Th 3/3 - 3/31	6:00pm - 7:00pm	74209.130
Tu Th 4/2 - 4/30	6:00pm - 7:00pm	74209.140

Zumba

Ages 18+

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of fun every time you go to class. Register monthly by the first class. \$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Kirstin Eubank

M W 1/5 - 1/28 No das 1/19	s 5:00pm - 5:45pm	74208.110
M W 2/2 - 2/25 No das 2/16	^s 5:00pm - 5:45pm	74208.120
M W 3/2 - 3/30	5:00pm - 5:45pm	74208.130
M W 4/1 - 4/29	5:00pm - 5:45pm	74208.140
Instructors: Beth Ze	eisig & Gulshan Ari	
Tu Th 1/6 - 1/29	12:00 pm - 12:45 pm	74205.110
Tu Th 2/3 - 2/26	12:00 pm - 12:45 pm	74205.120
Tu Th 3/3 - 3/31	12:00 pm - 12:45 pm	74205.130
Tu Th 4/2 - 4/30	12:00 pm - 12:45 pm	74205.140

Fairview Fitness

Ages 50+

Start the year right! Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Register by the first class. \$24.00 LR /\$36.00

Fairview Center

Instructor: Jan Baker

MWF 1/2 - 1/30 No clas	^{ss} 11:30am - 12:20pm	63300.110
MWF 2/2 - 2/27 No clas	^{ss} 11:30am - 12:20pm	63300.120
M W F 3/2 - 3/30	11:30am - 12:20pm	63300.130
MWF 4/1 - 4/29	11:30am - 12:20pm	63300.140

Yoga

Ages 50+

This self-paced class combines stretching, breathing, and holding postures. Register monthly by the first class. \$24.00 LR / \$36.00

Templeton Senior Center

Instructor: Deborah W Ladd

Tu 1/6 - 1/27	8:15am - 9:05am	74203.110
Tu 2/3 - 2/24	8:15am - 9:05am	74203.120
Tu 3/3 - 3/31	8:15am - 9:05am	74203.130
Tu 4/7 - 4/28	8:15am - 9:05am	74203.140

Wellness

Mindfulness Meditation for Stress Relief

Ages 18+

Explore the power of mindfulness meditation, bringing more joy, resilience, and tranquility to your life. Research suggests it may improve mood, decrease stress, boost immune function, and may even change brain function. Learn simple meditation exercises to use at home. Register by 1/9.

\$26.00 LR / \$39.00

Templeton Senior Center

Presenter: Susan Joiner

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Hands Only CPR

Ages 12+

Gain CPR skills to save a life! Learn what to do during a cardiac emergency using compressions only. Students are encouraged to take a CPR Anytime Kit home to share the skills with others. This is not a certification course. Register two business days before class. FREE

Miller Center Classroom 308

W 1/21	12:00pm - 1:00pm	27006.110
Th 1/27	2:00pm - 3:00pm	27006.111
Tu 2/3	7:00pm - 8:00pm	27006.120
Templeton	Senior Center	
Th 2/5	9:30am - 10:30am	73003.120

Heart Health

All Ages

RN Beckie Hunt, with Centra's Cardiovascular Group, presents an informative look at cardiac wellness and prevention. Find out more about what you can do to be heart healthy.

FREE

Templeton Senior Center

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The Importance of Sleep

All Ages

Sleep affects every aspect of your life. A Centra Sleep Center representative shares information on sleep in regard to learning and memory, metabolism and weight, your safety, mood, cardiovascular health and your ability to fight disease.

FREE

Templeton Senior Center

Tu 3/31 10:30am - 11:30am 73003.133

Diabetes: Know the Facts

All Ages

Are you at risk? Learn more about diabetes as Juanita Daugherty, Diabetic Educator from Centra, shares important facts on diet, exercise, disease prevention, and living with diabetes.

FREE

Templeton Senior Center

Tu 4/21 10:30am - 11:30am 73003.141

What to Know About Pneumonia

All Ages

Hear about the latest CDC recommendations and find out what you can do help prevent the disease or recognize the symptoms as a pharmacist from Walgreens presents the facts.

FREE

Templeton Senior Center

THE NATURE ZONE

Located in the Miller Center at 301 Grove Street

Where exploring the wonders of nature is a natural connection!

Visit the Nature Zone at our new location on the lower level of the Miller Center, across from Miller Park. Visit the animals during afternoon feedings, see how they're enjoying their sparkling new home, and learn a thing or two about viewing nature right in your backyard!



The Nature Zone offers something for everyone in the family. Meet some "wild" animals including an opossum, snakes, turtles, and a few exotic visitors ... learn more about these animals and their homes ... touch real animal skulls and furs at the Touch Table!

Admission

FREE Additional hours by appointment

Hours Call for group program rates.

Friday & Saturday - Noon - 4:00pm Phone: (434) 455-5828

Email: nature.zone@lynchburgva.gov

Web: www.lynchburgva.gov/parksandrec

"Like" the Nature Zone on Facebook



NATURALIST

nature programs



Wee Wild Ones

Hands-on fun with activities, stories, and games for the youngest explorers, age 2 to 6. Children must be accompanied by an adult.

Wee Wild Ones: Animals in Winter

Ages 2 to 6

A great activity for Groundhog Day! What does it mean when the groundhog sees his shadow? Find out why groundhogs hibernate all winter while other animals are still out and about. Register by 1/29. \$5.00

Ivy Creek Park Cabin

Sa 1/31 10:00am - 11:00am 51100.101

Everything Owls

Ages 10+

Practice owl calls as you venture out for a night hike to observe owls flying silently in search of prey. Dissect an owl 'pellet' to discover what's in their diet. It'll be a hoot! Register by 2/4. \$5.00

Ivy Creek Park Cabin

F 2/6 (Rain date 2/13) 6:00pm - 8:00pm 51100.103

Gardening for Wildlife

Ages 12+

Attract birds, butterflies, and other wildlife to your backyard. Start planning your spring planting to create a backyard habitat ready for certification by the National Wildlife Federation. Whether you have an apartment balcony or live on a 10-acre farm, you can create a beautiful landscape for wildlife! Register by 2/2.

\$3.00

Miller Center Classroom 306

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Maple Sugaring

All Ages

Tap the sap for a sweet treat! After the tree tapping demonstration, try a taste of the 'sweet' fruit of our labor! Hear the tale of Thomas Jefferson's maple sugar scheme and other sweet stories about maple syrup production in Virginia. Register by 2/19. \$7.00

Riverside Park Shelter #1

Sa 2/21 (Rain date 2/28) 11:00am - 12:30pm 51100.104

Junior Naturalists

This series of programs offers the opportunity for children age 8 to 12 to explore nature through outdoor experiences, learning through investigation and hands-on activities. Junior Naturalists will earn an embroidered patch after attending three programs that will be offered throughout the year.

Junior Naturalists: Animal Tracking

Ages 8 to 12

Develop your skills as a junior detective! Discover the art and science of tracking and track identification; then make plaster castings of tracks and take one home. Register by 4/2.

\$5.00

Ivy Creek Park Cabin

Sa 4/4 (Rain date 4/11)	9:00am - 11:00am	51100.105

outdoor Recreation

Biking Nature Tour - Percival's Island

Ages 12+

Join us for a guided bike tour on the Riverwalk at Percival's Island, stopping along the way to enjoy the natural sights and sounds of this urban oasis. Bring your own bike or rent from Bikes Unlimited. Helmets required for age 14 and under. Register by 3/19. \$3.00

Percival's Island Parking Lot (off Jefferson St)

Sa	3/21 (Rain date 3/28)	9:00am - 10:30am	51200.105
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Geocaching 101

Ages 12+

Search for hidden geocache 'treasures' using your smartphone. We'll find several real caches hidden in the park! Participants must have a smartphone or tablet with the free geocaching.com app (or share with a friend). Register by 4/16. \$5.00

Riverside Park Riverside Small Shelter #1

Sa 4/18 (Rain date 4/25) 9:00am - 10:30am 51200.104

Backpacking 101

Ages 16+

Check out the newest equipment and clothing for hiking and backpacking from Outdoor Trails, a local outfitter. This is the indoor event you can't miss if you want to get started backpacking or hiking. We'll discuss gear, trails, and tips for a fun, safe outdoor adventure! Register by 3/3. FREE.

Miller Center Classroom 306

	Th 3/5	6:00pm - 7:00pm	51200.101	
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Dayhike: Candlers Mountain

Ades 16+

Have you wanted to get into hiking, but never got around to it? Do you like to social hike? Not sure about venturing out on new trails? Join us for a moderate hike at Candlers Mountain. We'll cover 4 to 5 miles of trail with a lunch break (pack your own). So what are you waiting for? Grab those boots and let's hit the trail! Register by Thursday before the hike. \$5.00

Sa 3/14	9:00am - 2:00pm	51200.102
Sa 4/11	9:00am - 2:00pm	51200.103

Fitness Walking in Nature – Blackwater Creek Bikeway and Trails

Ages 18+

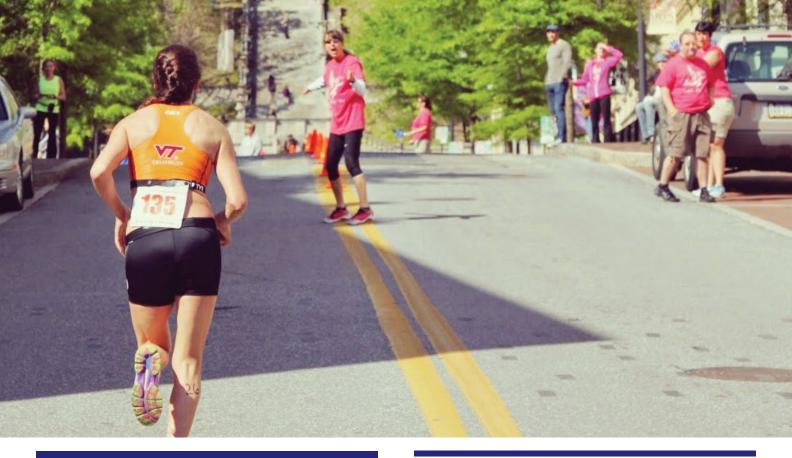
Join us for a new twist on fitness walking! Explore the Blackwater Creek Bikeway and trail system with this moderately-paced exercise group, combining the proven health benefits of cardiovascular exercise and immersion in natural surroundings. A great way to wind down after the work day! Register one day before the walk. \$3.00

Blackwater Creek Bikeway - Hollins Mill Entrace

	<u>-</u>				
Tu 3/24	6:00pm - 7:00pm	51200.106			
Blackwater	Creek Bikeway - Ed Page Entr	ance (off Langhorne Rd)			
Tu 3/31	6:00pm - 7:00pm	51200.107			
Percival's Is	land Parking Lot (off Jeffersor	n St)			
Tu 4/7	6:00pm - 7:00pm	51200.108			
Blackwater Creek Bikeway - Monticello Ave (off Old Forest Rd)					
Tu 4/14	6:00pm - 7:00pm	51200.109			
Blackwater	Creek Bikeway - Hollins Mill En	trace			
Tu 4/	6:00pm - 7:00pm	51200.110			
Blackwater Creek Bikeway - Ed Page Entrance (off Langhorne Rd)					
Tu 4/28	6:00pm - 7:00pm	51200.111			



Looking for a "wild" adventure for your child's birthday?
Why not try an Animal Safari or Dinosaur Safari party at the Nature Zone... or schedule an outdoor adventure this spring at Ivy Creek Park with a Nature Scavenger Hunt,
Orienteering, Letterboxing, or Canoeing!
Call (434) 455-5828 for details.



COMMUNITY EVENTS

BOYS & GIRLS CLUB RESOLUTION RUN

February 8 • 3:00pm • 1101 Madison Street

The Resolution Run was created to help assist our Club members, their families, and the Greater Lynchburg community to take the first steps necessary to begin or continue their commitment to a more healthy and active lifestyle in the New Year. All funds raised through sponsorships, registration fees, and raffle will go directly to serve the kids. www.bgclynchburg.org

POINT OF HONOR 5K

April 4 • 9:00am • Jefferson Street

5K Footrace to start at 9:00 AM on Jefferson Street. Race course will also utilize sections of the paved trail system. Funds will benefit organ donation awareness and education.

www.pointofhonor5k.com

RIVERFRONT ICE CREAM CHALLENGE

April 11 • 9:00am • Jefferson Street

All participants begin the race at the same time and have 90 minutes to complete whichever course they choose. Runners can choose a 5K or 1K run. Walkers can choose a 5K or one mile challenge. Cyclist can choose a 12 or 18 mile ride. There are also two special challenges for kids ages 5-15 who can choose to walk or run either the three mile challenge at 9 AM or the one mile challenge at 10:30 AM.

www.facebook.com/riverfrontchallenge

ANGEL'S RACE

April 26 • 8:00am • YMCA – 626 Church Street
This race/triathlon starts at the downtown YMCA in Lynchburg with
a 300m pool swim. The 25k bike course travels through downtown
Lynchburg, across the James River and into Amherst County on a rolling
out and back ride along River Road. The climb from the river back to the
YMCA is challenging! The 5k run takes athletes down Main Street, past
Amazement Square and onto the scenic Blackwater Creek Trail. This out
and back course finishes at the Community Market on Main Street.
www.angelsrace.com



Interested in holding your next big event downtown, in a park, or at another city location?

Contact Sharon Brown at (434) 455-5871 for more info.

Planning a smaller gathering? Rent a picnic shelter at one of our many parks. Call (434) 455-5858 for more info.

VOLUNTEER!

Become a volunteer and make a difference in our community! Last year over 500 people donated over 16,000 hours with Parks and Recreation to make Lynchburg a better place to live, work, and play. Contribute your time and talents while learning a new skill, advancing your career, staying active, and meeting new people. Volunteer as an individual or be part of a team effort on a one-day project or commit to an ongoing assignment.

VOLUNTEER OPPORTUNITIES

- Events
- Nature Zone
- Photographer And more...
- Speaker or Instructor
- Center Assistant
- Athletic & Assistant Coaches

If you have a volunteer idea that is not listed, let's talk about it.

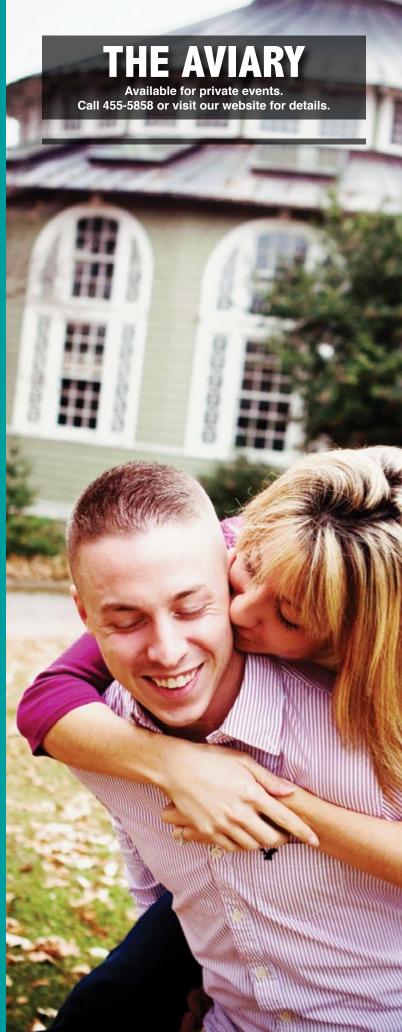




ADOPT-A-TRAIL PROGRAM

Lynchburg has nearly 25 miles of hiking and biking trails to enjoy. Your help once or twice a year keeping these trails free of debris is needed. Groups, families, and individuals are able to adopt sections of the trail system. The Parks and Recreation Department provides equipment, supplies, and a short orientation to the program. We all gain from your help to sustain our treasured resources.

Call (434) 455-5886 for more information.



TEMPLETON SENIOR CENTER

Stay active and informed as you meet new friends and enjoy a variety of activities at the Templeton Senior Center! Conveniently located and easily accessible, this center is the ideal place for art classes, bridge lessons, exercise classes, wellness programs, current event groups, tax assistance, computer lab access, and much more. Ongoing special interest groups meet regularly and welcome new participants. Check out the monthly newsletter for complete and up-to-date listings.

The Fifty Plus newsletter is available for pick-up at the Templeton Senior Center, Lynchburg Community Market, Lynchburg Public Libraries, and the Lynchburg Visitor's Center to name a few. Call for other locations or view it online at: www.lynchburgva.gov/parksandrec.

Riddle on the Harp Concert

Ades 18+

Enjoy a variety of celtic and traditional music performed by three multi talented women from Bedford County. Riddle's instruments include guitar, flute, hammered dulcimer, celtic harp, psaltery, violin and bodhran, just for starters!

Thursday 4/2 10:30am - 11:30am

Mahjong Fun Day

Ages 50+

Enjoy a full day of mahjong as you challenge your friends in this ancient Chinese tile game. Newcomers are encouraged. Door prizes and lunch provided. Come by and play on Thursdays from 9:30 - 12:30 and practice up for the big day! Register by 4/21. \$10.00

Thursday 4/23 9:00am - 3:00pm 73000.140

SPECIAL INTEREST GROUPS

AARP TAX AIDE

IRS Trained volunteers are on hand to help you complete your tax return. This free service is available from February 2 - April 15, 2015. Bring all pertinent papers, social security card and a photo ID. Mondays, Wednesdays & Saturdays • 9:00am - 12:30pm

CANASTA

Learn a new game or play an old favorite. All skill levels and newcomers welcomed.

Fridays • 9:30am - 12:30pm

CURRENT ISSUES AND EVENTS

Keep up with the times as this inquisitive discussion group examines the world's headlines.

Discussion Leader: Dr. James Campbell 2nd & 4th Wednesdays • 10:30am - 11:30am

LITERATURE FOR LIFE

Enjoy reading and discussing great works of literature and poetry. Discussion Leader: Dr. James Campbell 2nd Thursday • 10:30am - 11:30am

LYNCHBURG DUPLICATE BRIDGE CLUB

Competitive club play in a friendly atmosphere. Experienced players of all ages invited.

Contact: Club President, Terry Garner, 941-0049 Mondays 12:30pm • Wednesdays 7:00pm • Fridays 10:00am

MAHJONG

Enjoy this popular Chinese tile game of skill, strategy and luck. Beginners are encouraged to try this great game. Thursdays • 9:30am - 12:30pm

PINOCHLE

Put your brain to work in this trick-taking game of skill and memory. Tuesdays • 9:30am - 12:30pm

SOCIAL/ PARTY BRIDGE

Bring your foursome and enjoy a morning of friendly fun. The tables are ready, just come and play!
Tuesdays & Thursdays • 9:30am - 12:30pm

VIDEO CHAIR EXERCISE CLASS

Commit to stay fit while working at your own pace in these FREE 45 minute sessions. Come be a part of this exercise family. (No Monday classes 2/2 - 4/13)

Mondays, Tuesdays, Thursdays & Fridays • 9:30am - 10:15am

Offsite Groups:

FIFTY PLUS BOWLING

Enjoy weekly recreational bowling without the cost and stress of league attendance and play. All skill levels welcomed. \$1.25/game plus tax. Pay on site. Fort Hill Bowling Center, 6105 Fort Avenue

Tuesdays • 1:00pm - 3:00pm

GOLDEN GOURMET

Join this group of fun loving diners as they visit a different restaurant monthly. Check the newsletter for locations. Call 455-4115 to register by the Wednesday before.

4th Friday monthly • 11:30am - 1:00pm

NEW CHAPTER BOOK GROUP

This independent group of readers meets monthly to discuss preselected books of interest. See the newsletter or call 455-4115 for upcoming book selections.

Meets at Drowsy Poet at Givens Books, 2236 Lakeside Drive 4th Monday monthly • 10:00am - 11:00 am

PUTT-PUTT LEAGUE

Enjoy the fresh air on Monday mornings playing miniature golf! Adults only please. No registration required. Season begins April 6th. \$3.00/two games

Putt-Putt Fun Center, 8105 Timberlake Road Mondays • 9:00am - 11:00am

FAIRVIEW CENTER



Fairview Center is well-known for its vibrant programming. Serving all ages of the Central Virginia community, this center provides ongoing programs and many special classes offered each season, listed throughout this guide. Kids and teens enjoy Schools Out days, Summer Camps, Archery classes, Fairview eXtras, or the After-School Program where tutoring assistance is available. Adults and citizens age fifty-plus enjoy day and evening classes. Bring a friend and get involved in line-dance or fitness classes, luncheons, guest speakers, ceramics, or pottery. To find out more about the many events and activities offered at Fairview, stop by the center and pick up a Fairview Calendar, or call for more information. Special interest groups which meet regularly are listed below.

FAIRVIEW CENTER AMENITIES:

Computer Lab
Ceramics
Billiard Tables
Archery Range
Basketball Court
Playground
Tennis/Pickleball Courts
Horseshoe Pit
Picnic Tables With Grill
Multipurpose Field

SPECIAL INTEREST GROUPS

CERAMICS CLUB

Wednesdays & Fridays • 9:30am - 12:00pm Join ceramic enthusiasts twice a week for open studio time. Monthly \$5.00 dues are payable on site.

GAME ENTHUSIASTS - WHAT'S YOUR GAME?

Wednesdays & Fridays • 9:30am - 12:00pm Whether it's Kings in the Corner, Skip-Bo, Dominoes, or some other game, join old and new freinds for a time of laughter and fun!

FIFTY-PLUS BILLIARDS

Mondays, Wednesdays & Fridays • 9:30am - 1:00pm Two tables are available for recreational billiards.

FIFTY-PLUS TENNIS &/OR PICKLEBALL

Monday, Wednesdays & Fridays • 9:30am - 1:00pm

Enjoy friendly unstructured competition. Courts are dual-lined for tennis and pickleball. First come first served. Pickleball is the racquet sport which combines elements of badminton, tennis, and table tennis.

GEM & MINERAL CLUB

3rd Wednesday • 7:00pm - 9:00pm

This club promotes and extends the knowledge of minerals, geology, fossils, lapidary arts, and associated fields. Contact: John Haskins, (434) 525-8430

HILL CITY WRITER'S GROUP

Mondays, 9:00am - 11:00am • Tuesdays, 6:00pm - 8:00pm Writers of various genre explore the craft of writing and share information about publishing. Come to one or both of the days.

SOCIAL BRIDGE

Mondays • 9:30am - 11:30am

Like to play bridge? Meet other enthusiasts weekly in a laid back atmosphere.

SEE PAGE 5 FOR DETAILS ABOUT THE FAIRVIEW EXTRAS PROGRAM!

THE ART STUDIO AT JACKSON HEIGHTS 720 Winston Ridge Road (434) 455-4001



Stained glass artists and pottery enthusiasts throughout Central Virginia enjoy this quaint Art Studio located in the Jackson Heights neighborhood. Pottery enthusiasts utilize the studio and equipment, including multiple potter's wheels, slab roller table, extruder, clay, and a variety of glazes for making the most intricate of pottery projects. Stained glass artists can choose classes or work on their own during Open Studio time to make colorful stained glass projects.

This center is easily accessible for all and has a newly lighted parking area.

Winter Classes at the Art Studio are listed throughout this guide.

STAINED GLASS OPEN STUDIO

Previous stained glass students are invited to work on projects at their leisure. Most Wednesdays • 7:00pm - 9:00pm • \$5.00/per session • Fee payable on site

DIAMOND HILL CENTER

1005 Seventeenth Street (434) 847-1409



Built on the site of the former Marce T. Jones School, this location has long-held significance to the community. The grounds were recently renovated and today, this familiar center is abuzz with activities for friends and neighbors of all ages.

After-School Program • Summer Program • Fifty-Plus Program • Teen Program Soul Slide-Dancing Classes • Open Recreation • Community Events

DANIEL'S HILL CENTER



Point of Honor Museum and the Blackwater Creek Trail. Daniel's Hill Center offers something for everyone.

After-School Program · Summer Program · Fifty-Plus Program Teen Program · Open Recreation · Community Events

JEFFERSON PARK CENTER

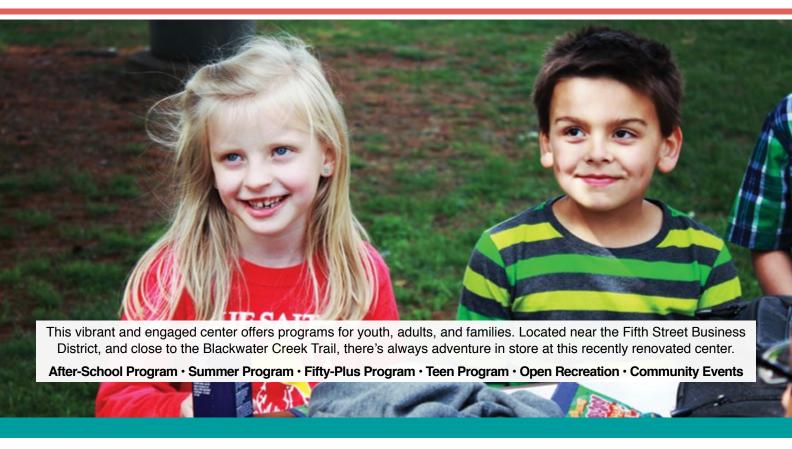
405 York Street (434) 847-1405



With an expansive campus, Jefferson Park Center is home to tennis courts and an athletic field—perfect for throwing discs, flying kites, or playing ball. Terraced seating overlooking the field recalls that this park has been a staple in the community for decades.

After-School Program • Summer Program • Preschool Playgroup with Lynchburg City Schools Fifty-Plus Program • Teen Program • Open Recreation • Community Events

YODER CENTER



COLLEGE HILL CENTER

811 Jackson Street (434) 847-1418



After-School Program · Summer Program · Fifty-Plus Program

Teen Program · Open Recreation · Community Events















easter egg roll ON THE LAWN **SATURDAY APRIL 5** 10AM - 2PM | FREE

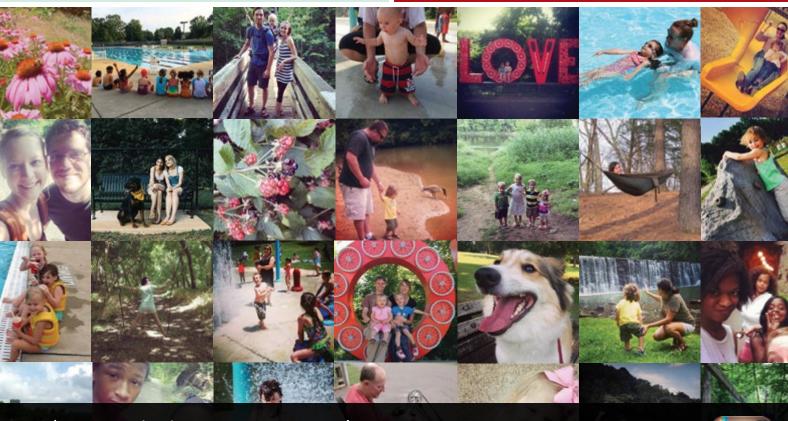
Γ MORE INFO AT WWW.POINTOFHONOR.ORG



If We Can't Reach You... We Can't Alert You!

Sign Up Now—It's Free, Easy & Fast!

www.LynchburgAlerts.com



#lynchburgparks



REGISTRATION FORM

Lynchburg Parks & Recreation - 301 Grove Street, Lynchburg VA 24501 - 434-455-5858 - FAX 434-528-2794

How did you hear about this activity? □ Activity Guide □ Email □ Facebook □ Twitt □ Outdoor Advertisement □ LTV □ Print Newsle	er □ News Story - New etter/Calendar □ Postc	spaper/Magazine/TV □ Advard □ Website □ Word of	/ertisement - News Paper/M Mouth □ Other:	lagazine/TV	
Participant's Name:			Date of Birth:/ _ □ Female □ Male	/	
City of Lynchburg Resident? ☐ Yes ☐ No O	nly participants living in t	he City of Lynchburg are eligi	ble for Lynchburg Resident	Rate (LR).	
Participant's Street Address (REQUIRED):	, ,	Mailing Address (IF DIFFERENT		,	
Street Address		Street Address or PO Box			
City	State Zip	City		State Zip	
Home Phone:	Work:		Cell:		
Email:					
Emergency Contact:	Rela	ationship:	Phone:		
In consideration of the permission granted to me/my child that are associated with said activities; it is still my decision of Lynchburg, its officers, employees and volunteers from or assigns may have against the City of Lynchburg, and/or activity(ies). In the event of a medical emergency, I author In the event I or my child requires medical treatment, I again the Sign Here Signature of Participant or Parent/Legal	In consideration of the permission granted to me/my child by Lynchburg Parks & Recreation Department, being fully aware and understanding any risks and dangers that are associated with said activities; it is still my decision to participate/allow my child to participate in such activity(ies). I hereby release and hold harmless the City of Lynchburg, its officers, employees and volunteers from all actions, causes of action, damages and claims, or demands which I, my heirs, executors, administrators, or assigns may have against the City of Lynchburg, and/or other described parties for all personal injuries known or unknown incurred by participation in this/these activity(ies). In the event of a medical emergency, I authorize representatives of Lynchburg Parks & Recreation to contact EMS at 911, if I or my child is incapacitated. In the event I or my child requires medical treatment, I agree to be responsible for the cost of such treatment. Sign Here -> Signature of Participant or Parent/Legal Guardian (REQUIRED): Date: PHOTO RELEASE I grant the City of Lynchburg permission to use my/my child's likeness and name in any official communications materials. Materials may include but are not limited to				
Sign Here → Signature of Participant or Parent/Legal			Date		
ACTIVITY TITLE		ACTIVITY #	START DATE	FEE or LR FEE	
				\$	
				\$	
				\$	
OFFICE Receipt #: Processed by:	USE ONLY	Date:	Receipt Requested? ☐ Yes ☐ No	\$ Total Due:	
Receipt #: Processed by:			□ Yes □ No	Total Due:	
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REFUND POLICY

- Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred costs.
- No refunds (or partial refunds) will be issued to customers who fail to attend an activity/class.



RecQuest

Are you looking for an activity, class, or program suitable for groups? RecQuest is the answer!

Programs are designed for everyone and every occasion from schools, organizations and Scouts, to neighborhoods, social clubs and family reunions. Parks and Recreation staff can customize a program to fit your needs. Use your own location, or join us at one of Lynchburg's parks, trails, or recreation centers. We provide all materials and the experienced instructors; you provide the date, time, and group!

RECQUEST PACKAGE PROGRAMS

Exploring the Arts Theatre Fun • Dance into Action •

Explore an Art Medium • Creative Sculpture

Athletics Basketball FUNdamentals · Winning

Softball Skills • Fantastic Fitness

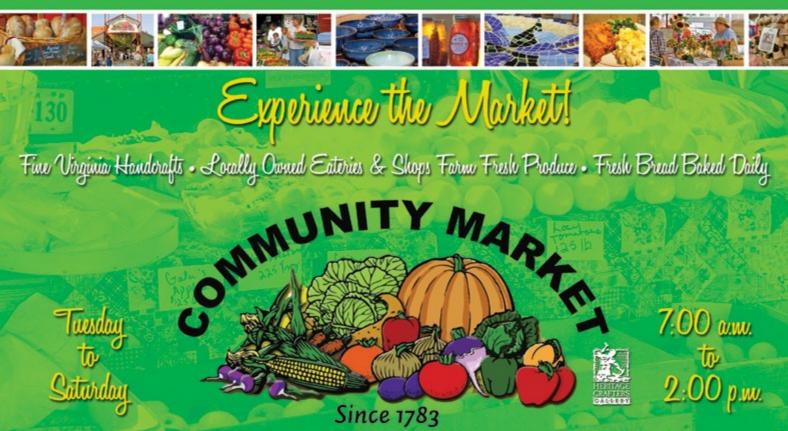
Genealogy Basics • Web Genealogy

Genealogy Introduction to Genealogy • Beyond

Naturalists Live Animals • Explore the Seasons •

Fall and Winter Hibernation

CALL (434) 455-5858 TO REQUEST MORE INFORMATION AND A FEE SCHEDULE.



LynchburgCommunityMarket.com

1219 Main Street • Lynchburg, VA 24504 • (434) 455-4485